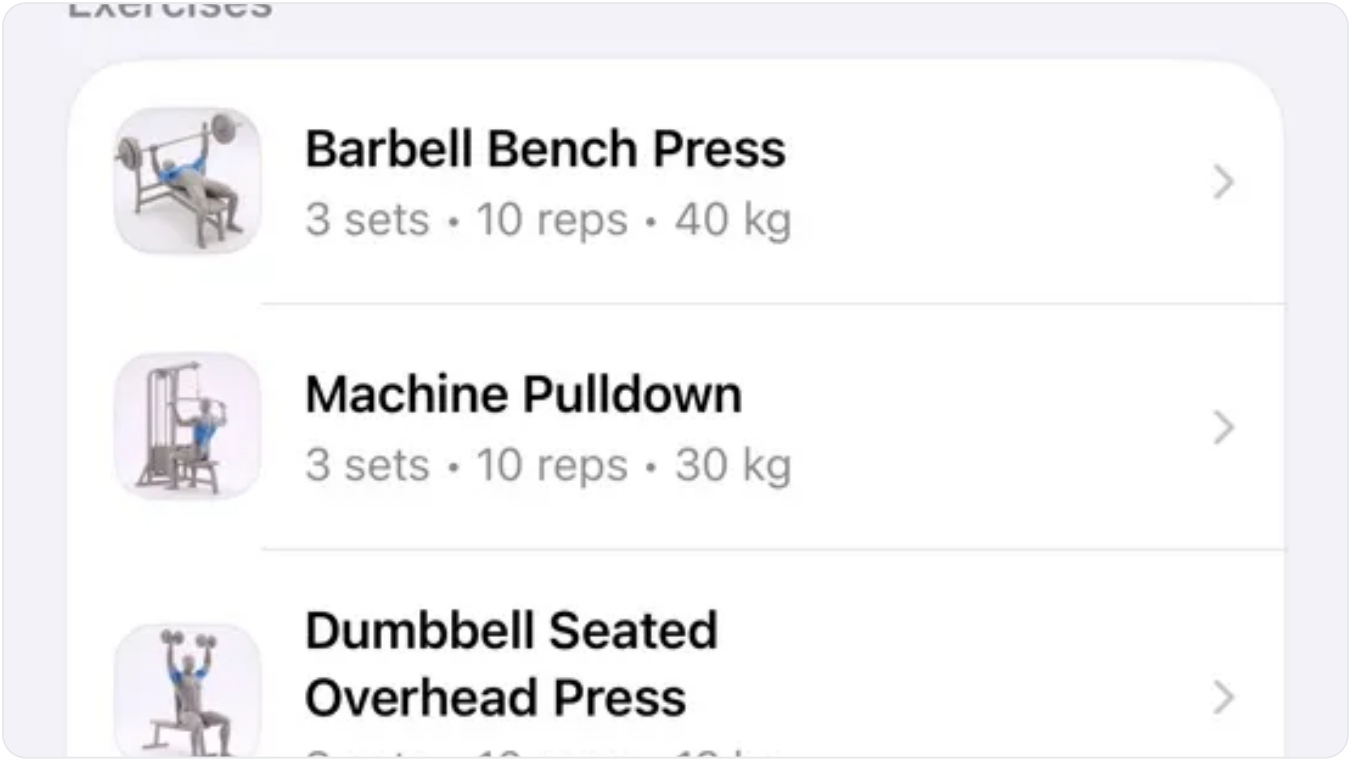
Simple Muscle

Connect ChatGPT or Claude to your iPhone workout logs and plans.



About

Simple Muscle is an AI workout tracker for iPhone that connects ChatGPT, Claude, and other AI assistants directly to your workout plans, logged sets, and training history. Instead of copying screenshots or buying a separate AI coach, you can track barbell lifts, rest timers, and weekly routines while your assistant reads the data and suggests changes. The app adds structured workouts and complete training history to the goals, schedule, injuries, and preferences your assistant may already understand. You can create a plan by asking your AI for three gym days a week, and the result appears in your dashboard as ready-to-start workouts.

What is Simple Muscle

Simple Muscle is an AI workout tracker for iPhone that connects your existing ChatGPT or Claude account to structured workout routines, individual logged sets, and complete training history. It turns the AI assistant you already use into a coach that can see your actual performance data—like a bench press that increased 7.5 kg over eight weeks—and then update your plan without requiring screenshots, manual copying, or a separate AI coach sold by Simple Muscle. The app focuses on strength training with exercises such as barbell bench press, tracks sets, reps, weight, rest timers, and workout durations, and syncs that information into the chat interface you already use.

Key features of the AI workout tracker

- iPhone workout logging with sets, reps, weight, rest timers, and per-exercise history.
- Direct connection to ChatGPT, Claude, and other AI assistants you already use.
- AI reads your workout plans, logged sets, and training history to offer suggestions.
- AI can create or adjust weekly routines, e.g., three full-body days that start light and add weight each week.
- Dashboard organizes workouts like Upper Strength, Lower Strength, Push Day, and Leg Day with exercise counts and estimated durations.
- Lock screen and mid-workout views show current set, last time performance, and rest countdown.
- No screenshots or manual copying—data flows automatically.
- No separate AI coach sold by Simple Muscle; you use your own assistant account.

How to use it

- Download Simple Muscle from the App Store on your iPhone.
- Connect your ChatGPT or Claude account (or another supported assistant) in the app.
- Ask your assistant to create a workout plan—for example, “Set me up for 3 gym days a week. I’m 42 and coming back after a long break.”
- Review the generated workouts in the Simple Muscle dashboard; they appear with exercise lists, set counts, and durations.
- Start a workout, log each set as you complete it, and use the rest timer.

Accept or adjust the AI's plan updates from the dashboard.

Who it is for

Simple Muscle is built for iPhone users who already use ChatGPT, Claude, or a similar AI assistant and want to connect that assistant to real workout data instead of describing training from memory. It suits lifters following strength programs, people returning to the gym after a break, and anyone who wants an AI coach without paying for a separate coaching subscription. The example user in the source material is 42 years old and coming back after a long break, so the app is appropriate for adults who want adaptive, data-informed adjustments to a three- or four-day gym routine.

What to know before you use it

Simple Muscle does not provide medical, rehabilitation, or professional fitness advice. AI suggestions are based on the data you log and the assistant's own training knowledge, so they can be wrong, unsafe, or inappropriate for your health condition. The app is an iPhone-only tracker at this time; there is no Android or web version mentioned. You need your own ChatGPT or Claude account—Simple Muscle does not sell or include an AI model, and it may require API costs or a paid plan from your AI provider. The app does not replace a certified personal trainer or physiotherapist. If you have injuries, chronic conditions, or are new to lifting, consult a qualified professional before following AI-generated workout changes. Also, the AI's ability to "know your training" depends on the assistant's memory and context; very long histories or complex plans may not always be read correctly. Use official medical or coaching sources for serious decisions, and treat Simple Muscle as a data-connected AI workout tracker rather than a substitute for professional guidance.

FAQ

What exactly does Simple Muscle do?

Does Simple Muscle include its own AI coach?

Do I need to pay for Simple Muscle or for the AI?

Is Simple Muscle available on Android or the web?

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Category	AI
Platform	iOS
Launched	Aug 2026
Updated	13 days ago
Verified	15 days ago

TAGS

workout tracker # AI fitness # chatgpt # claude # iPhone app # strength training # gym log

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